

**Idaho DOC 5.3 Mainline Menu November 1, 2010**

	<b>BREAKFAST (REPEAT WEEKLY)</b>	<b>LUNCH (REPEAT WEEKLY)</b>	<b>DINNER – Week 1</b>	<b>DINNER – Week 2</b>	<b>DINNER – Week 3</b>	<b>DINNER – Week 4</b>
S	Nutra boost juice Cream of wheat Biscuits Beef gravy Hash brown potatoes Milk	Fresh fruit	Spaghetti sauce & noodles Spinach Tossed salad w/ dressing Bread/margarine Vanilla pudding pie w/ peaches or banana	Beef roast/gravy Potatoes Peas Rolls/margarine Pumpkin cream pie	Baked BBQ Chicken Macaroni salad Veggie mix Rolls/margarine Chocolate cake iced	Beef Roast M.pot/gravy Bread/margarine Fruit cup Green beans Chocolate pie
M	Nutra boost juice Oatmeal Pancakes Syrup/margarine Milk	Bologna & cheese Hoagie Bun Mayo/mustard Tortilla Chips Orange Cupcake	Chicken M.pot/gravy Peas/carrots Rolls/margarine Gelatin with fruit	Chili Cornbread/margarine Mixed vegetable Salad/dressing Apple slices Cookies	Ham and beans Salad /dressing Plums Corn bread/margarine	Chili Mac Rolls/margarine Peas Gelatin w/ fruit
T	Nutra boost juice Cold Cereal French Toast Margarine/syrup Milk	PB & J Sandwiches Veggie Sticks Fresh fruit Cookies	Beans w/ Dinner Link Lettuce/Cuc/tom salad w/ Dressing Bread/margarine Apple Crisp	Breaded beef pattie M.pot/gravy Carrots Gelatin w/ fruit Rolls/margarine	Fish/cheese Sandwich Tartar sauce/onion Coleslaw Potato rounds/ketchup Gelatin/peaches	Ham and rice casserole Veggie Mix Muffins/margarine Mandarin oranges in Pudding
W 4	Nutra boost juice Oatmeal Breakfast Sandwich Milk	Ham salad sandwich Chips Fresh fruit Bar cookie	Breaded Poultry pattie Bun Potato rounds Mayo/ketchup/lettuce Coleslaw Fruit cup	BBQ Riblett Bun Pasta salad Vegetable mix No bake cookies	Beef Mac & cheese Rolls/margarine Green beans Apricots Cake	Hungarian Goulash Corn bread/margarine Egg noodles Carrots Pears
T 5	Nutra boost juice Cream of wheat Pancakes Margarine/syrup Milk	PB & J Sandwiches Veggie Sticks Orange Cake or brownie	Burrito Taco sauce Lettuce/tomato/onion Spicy Rice Corn Applesauce w/ cinnamon	Hot dogs/Bun Sauerkraut Mus/ket/onion/relish Beans Veggie sticks w/ ranch Pears	Burrito Tortilla chips/Salsa Spicy Rice Lettuce/tomato Vanilla pudding/banana	Hamburger/chz & bun Let/tomato/onion/ket/must Potato rounds Cole slaw Ice cream
F 6	Nutra boost juice Cold cereal Breakfast Coffee Cake Egg pattie w/ cheese Milk	Cold cuts Hoagie bun Mayo/mustard Chips Cake Fresh fruit	Pizza meat/veggies Salad/dressing Vegetable mix Pineapple cake	Nachos (chips, chz sauce, tomato, onion, Kidney beans, salsa, beef) Tossed salad/dressing Applesauce Pudding	Malibu Chix sandwich Let/mayo/must 3 bean salad Pineapple chunks Cookies	Creamed Grd. Beef M. pot Green beans Bread/margarine Cake Plums
S 7	Nutra boost juice Oatmeal Eggs w/ Creole Sauce Potatoes Toast/margarine or tortilla Milk	Fresh fruit-orange	Hamburger on bun Lettuce/tomato/onion Ket/must Potato rounds Green beans Ice cream	Lasagna Spinach Tossed salad/dressing Bread/margarine Ice cream	Meatloaf Baked potato/margarine Veggie Mix Tossed salad/dressing Rolls/margarine Fruit crisp	Teriyaki Baked Chix Rice Carrots P'apple cold slaw salad Bread/margarine Lemon pie or cake